



# Ohana Care CONNECTION

PROFESSIONAL, LOVING CARE 24/7

JANUARY+FEBRUARY ISSUE • 2020

## ❓ DID YOU KNOW?

there are only  
**2 HOSPICE CARE OPTIONS  
AVAILABLE ON MAUI?**



In 2014, Islands Hospice became the second, and only other hospice care provider on Maui! In our conversation with Keeki Robello, Executive Director, Islands Hospice, he answers questions about hospice services, and shares what makes Islands Hospice unique.

### WHAT IS HOSPICE CARE?

Hospice care typically covers services for those with a terminal disease and life-limiting prognosis of 6 months or less. Receiving hospice care does not mean giving up hope or that death is imminent. Hospice offers symptom management, education about the end-of-life process, support, and comfort while preserving dignity and quality of life. If a patient lives longer than six months, hospice care continues when the attending physician re-certifies the terminal illness.

Hospice is not only for cancer patients; many have congestive heart failure, Alzheimer's disease, dementia, chronic lung disease, or other conditions. Hospice provides comfort, dignity, and emotional support for the patients as well as their families, loved ones and caregivers.



All hospice programs are not the same! The quality of care, business model, range of support services and programs may differ widely. **Islands Hospice** is a high quality, not-for-profit, nationally accredited hospice service.

**Islands Hospice** focus is on living, not dying. With proper guidance, and the ability to start hospice sooner, patients can navigate the pain and fear of a life-limiting illness by using a regimen that stabilizes the patient's medical condition, helps them live longer, and potentially experience a better quality of life.

**Islands Hospice** provides excellent, holistic care and support to meet the physical, emotional and spiritual needs of the patient, the family and their loved ones.

[ MOTIVATIONAL  
QUOTE ]



*"Be the change you wish to see in the world."  
- Gandhi*



# Islands Hospice

answers your questions

by: Deb Galvez

*"The final chapter of a person's life doesn't have to be stressful, painful or confusing. The right hospice care can help patients reduce fear and negative feelings so they can live out their final days in comfort, with those who matter most."*

## WHAT IS THE STIGMA BEHIND HOSPICE CARE?

The belief that a patient must be actively dying and/or bed bound for hospice to begin is not true! Studies show patients who choose hospice as early as possible for terminal illness tend to live better, longer lives than those who wait.

## HOW DO YOU QUALIFY FOR HOSPICE CARE?

The patient's physician provides a medical referral before services begin. Islands Hospice schedules a Community Liaison visit with the patient and family to answer questions, explain the care

team's role within the comfort care setting, and review patients insurance coverage. The final step is an assessment and admission which include a physical and medication assessment, review of symptoms, medical equipment needed, and admission of the patient into hospice care.

## CAN I STAY AT HOME?

Hospice is a service, not a place. You do not have to leave your place of residence or relocate a loved one to a new environment unless it becomes necessary. Islands Hospice is committed to help patients live out the final moments of their lives in the place they call home.

## HIGHLIGHTS OF UNIQUE SERVICES OFFERED

1

### Supportive Services

The HMSA Supportive Care Program is a medical service provided by the Islands Hospice Supportive Services Team. Designed to improve the quality of life, it includes personalized high quality, comfort-directed care while patients undergo disease modifying treatments.

2

### Islands Transitional Care

Islands Hospice offers a no-cost, 30-day, community-based resource program focused on goal setting, and informed decision-making. Their experienced team of nurses, physicians and medical social workers have a proven track record of setting up the resources needed and decreasing or preventing hospitalizations.

3

### Hospice Houses

If staying at home isn't an option, Islands Hospice's Kahului home, is Maui's first hospice inpatient unit. Constructed and designed for hospice patients, it provides long-term and respite care in a tranquil, private, comfortable home-like setting so patients and their families can enjoy time together.

4

### Respite Care

Islands Hospice offers up to 5 days of crucial respite care services for primary caregivers who experience caregiver burnout. It gives them time to sleep, rest, regroup and get a much needed break.

5

### Bereavement

When a loved one is terminally ill or dies, family members experience a wide range of emotions and grief. Islands Hospice provides extensive bereavement services and is committed to helping families throughout hospice care and beyond.

## HOW MUCH IS HOSPICE CARE?

Medicare and Medicaid cover 100% of the benefits of hospice care, and most insurance plans provide coverage. Islands Hospice provides full hospice service regardless of your ability to pay.



### WHAT MAKES ISLANDS HOSPICE DIFFERENT?

Islands Hospice offers a collaborative approach to care, several unique services and a high-quality hospice experience, right here on Maui.

No matter where you are in your journey as a patient or family member, Islands Hospice is here to listen to your wishes and provide medical care, support services and counseling that helps you find peace and comfort.

#### TO LEARN MORE:

[www.islandshospice.com](http://www.islandshospice.com) or, call: **808.856.8989**

## MAIN DISH

[ FEATURED RECIPE ]

RECIPE BY: *Geoffrey Zakarian* — SHARED BY: *Karen Newton, Ohana Care Maui - Case Manager*

## Bucatini Al Limone

Servings: **4**

Time: **35 minutes**

### INGREDIENTS:

Kosher salt and freshly ground black pepper  
2 cups French green beans, *thinly sliced lengthwise*  
12 ounces bucatini pasta  
 $\frac{1}{4}$  cup extra-virgin olive oil, *plus additional for drizzling*  
4 cloves garlic, *sliced*  
 $\frac{1}{4}$  teaspoon crushed red pepper flakes  
Zest and juice of 3 lemons  
3 tablespoons unsalted butter  
 $\frac{1}{2}$  cup grated Pecorino-Romano, *plus more for serving*  
 $\frac{1}{2}$  cup chopped fresh parsley

### DIRECTIONS:

1. Prepare a bowl of ice water and set aside. Bring a large pot of salted water to a boil. Add the green beans and cook until bright green and just barely cooked through, 2 to 3 minutes. Use a spider or strainer to transfer the green beans to the ice bath and let cool completely before draining. Add the bucatini to the same pot of boiling water. Let cook to al dente, about 3 minutes less than the package instructions.
2. Meanwhile, heat the olive oil in a large saute pan over medium-high heat. Cook the garlic and red pepper flakes until fragrant but not browned, about 1 minute, then add the lemon zest and juice and approximately  $\frac{1}{4}$  cup pasta water.



3. Use tongs to transfer the pasta directly to the saute pan. Add the butter and blanched green beans, then toss to coat the pasta and beans in the sauce. Keep cooking, tossing, until the pasta is al dente and the sauce is glossy and thickened, about 3 minutes more. Turn off the heat and gradually stir in the Pecorino, tossing constantly. Season with salt and freshly ground black pepper.
4. Divide pasta among 4 serving bowls and garnish with the parsley, more Pecorino and a drizzle of olive oil.



## EMPLOYEES OF THE MONTH

OCTOBER

NOVEMBER



**Taylor B.**



**Elizabeth T.**

Congratulations!

Taylor and Elizabeth are both amazing. They both are a great example of what an amazing employee is. They work hard, always show up, are on time, communicate well and go above and beyond not just for their patients, but their coworkers as well. We are proud to have them on our team.

# JANUARY + FEBRUARY *at a glance*

## EMPLOYEE BIRTHDAYS

**January 11th – Daton G.**

**January 16th – Kymberlynn G.**



**February 21st – Sharon D.**

## IMPORTANT DATES



**January 1st**

New Year's Day - *Office Closed*

**January 20th**

Martin Luther King Jr. Day



**February 14th**

Valentine's Day



**February 17th**

Presidents Day - *Office Closed*

## ACTIVITIES

**CPR/AED/First Aid Certification - Red Cross**

**Saturday, January 18th 11a-5p**

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: Need your certification for work? Want to know how to save lives?

Call us today to register for our CPR/AED and First Aid class! We have one of the best classes on the island that goes over in detail the skills you need to save lives and to positively react in emergencies. Our class certifies you with the American Red Cross and we are held to the highest standards. Certification is good for 2 years and will be good for Adult & Infant.

CALL: 808-344-1285 TO REGISTER.

COST IS \$115

**Healthy Living for a Healthy Brain**

**Wednesday, January 29th 5:30p-7:30p**

TAUGHT BY: Alzheimer's Association

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: A FREE workshop that explores brain health and promotes cognitive activities.

Did you know that engaging in formal education will keep your brain healthy and can provide protection against developing dementia? Keeping your mind active forms new connections among brain cells and mentally stimulating activities may possibly maintain or even improve cognition. This interactive program aims to teach new skills or hobbies that can promote brain health. Additionally, the program will discuss the importance of social engagement and offer suggestions on how to stay engaged in the community to maintain your skills.

TO SIGN UP PLEASE TEXT OR CALL:

808-344-1285

**CPR/AED/First Aid Certification - Red Cross**

**Saturday, February 22nd 11a-5p**

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: Need your certification for work? Want to know how to save lives?

Call us today to register for our CPR/AED and First Aid class! We have one of the best classes on the island that goes over

in detail the skills you need to save lives and to positively react in emergencies. Our class certifies you with the American Red Cross and we are held to the highest standards. Certification is good for 2 years and will be good for Adult & Infant.

CALL: 808-344-1285 TO REGISTER.

COST IS \$115

**When is the Right Time to Call Hospice?**

**Wednesday, February 26th 5:30p-7:30p**

TAUGHT BY: Lynn Lewis, Patient Advocate/Community Liaison for Islands Hospice

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: This FREE workshop goes over how the decision to provide hospice care for a loved one can be very difficult decision for many. This class will answer questions and help people determine if hospice is the right decision for their family and loved one.

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285



OHANA CARE MAUI.com

*inside this month's issue!*

YOUR HOSPICE CARE  
OPTIONS ON MAUI...



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